

# Teacher's Program Day Check List

In order for all of your students to participate in and enjoy their trip to the Marin Headlands, please make sure to bring:

- ☐ Bag lunch
- ☐ Appropriate clothes, footwear and weather protection (always bring a jacket!)
- ☐ Bottled water (in a plastic bottle)
- ☐ Nametags

All Marin Headlands field programs take place outdoors. In case of rain, the program may be altered slightly to accommodate the weather, but will still be conducted, unless the safety of the group is threatened. Please make sure students wear or bring appropriate clothing and footwear that they don't mind getting dirty.

Programs entail 1-2 miles of walking.

For students with any physical disabilities, please call us to discuss accommodations (415-331-0819).

Restroom facilities are available at the Marin Headlands Visitor Center and at Rodeo Beach.

## Field Etiquette

It is important that all students understand proper field etiquette while in the Marin Headlands. Please remind students that they are in a National Park, where all natural, geologic, historic and cultural objects are protected. The following list of guidelines describes how everyone should behave:

- Stay on designated trails, unless park staff instruct you to do otherwise.
- Do not disturb (cut, pick, gather or throw) plants, animals or rocks.
- Limit your impact as much as possible during the program.
- Handle the environment with care – leave everything as you found it.
- Do not litter – pack out what you bring in.
- Speak respectfully and quietly.
- Avoid disturbing other park visitors.